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Homeowners to dig far deeper

'Investing in the future': Fougere. City's preliminary budget for 2014 includes 7% property tax hike, on top of increase of 8% for water, sewer service

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Regina homeowners will dig significantly deeper into their wallets for tax payments and water service this year, if council green-lights the city's preliminary budget.

Property owners are staring at a seven per cent tax hike in 2014. As well, city hall wants to increase water and sewer rates by eight per cent this year, and again by that amount in 2015.

After the proposed spending plan was tabled on Tuesday, Mayor Michael Fougere said the tax and water and sewer rate increases are necessary to keep pace with higher infrastructure costs related to the city's growth.

"We're investing in the future. We're preparing for growth," Fougere told reporters at city hall.

"This is a reasonable balance between the demands of growth and taxpayers' ability to pay."

The total tax increase would be six per cent, plus another one per cent devoted to a new reserve fund to go toward residential street repairs.

On a home valued at $300,000, it amounts to a tax hike of about $109 on a bill that was $1,560 in 2013.

Fougere said he expects that citizens will strongly support the changes, and hopes the dedicated tax stream for residential road renewal will become a permanent fixture.

"Citizens have said they want their streets fixed.... We're going to do that," he explained.

"With that additional expenditure, we're going to be putting in $19.7 million ... to help us fix our roads."

John Hopkins, president and CEO of the Regina and District Chamber of Commerce, slammed the tax increase as one of the city's largest in recent years.

"When you're talking about seven per cent ... there's not a lot of support for that," he said, noting that chamber members are in favour of a more modest hike of one to three per cent.

Though he stressed that the chamber supports the plan for the dedicated revenue stream for road renewal, Hopkins criticized the city for restricting it to residential streets.

The budget also includes an increase in the hourly parking meter rate from $1 to $2 — a figure that Fougere says is competitive with those of other Western Canadian cities.

The proposed operational budget is slightly more than $372 million, nine per cent higher than last year.

The blueprint directs 37 per cent of the total expenditure to municipal operations, while 20 per cent would go to the Regina Police Service.

Mayor Michael Fougere explains the preliminary budget on Tuesday at city hall, saying that a proposed seven per cent property tax increase is necessary to keep pace with surging infrastructure costs related to the city's growth. MARCO VIGLIOTTI/METRO

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NEWS 1

Tougher motorcycle rules eyed

SGI. Initiatives targeting new riders could lower deaths and injuries if approved, says report

A new report says Saskatchewan should increase requirements for getting motorcycle learner's licences and make additional gear mandatory for new riders.

The recommendations come from a motorcycle review committee formed by Saskatchewan Government Insurance, which is trying to find ways to reduce claims and save money.

SGI spokesman Don Thompson says some of the changes could be in place for the upcoming riding season if the government approves them.

"I guess the biggest one is the basic skill and ability test, so that people can't go in and just write a test and start driving a motorcycle. That's probably the biggest one that would be ready to go this year if we get approval," Thompson said Tuesday.

New riders would have to show that they can safely handle a motorcycle before being issued a licence.

The committee also said it should be mandatory for riders in the motorcycle graduated driver licensing program to have their arms and legs covered, wear gloves, ankle-covering boots, eye protection and at least a three-quarter helmet. The current mandatory gear is a helmet plus eye protection or a windshield on the motorcycle.

Steve Molinelli, sales manager at FFun Motorsports in Saskatoon, poses for a photo in the store's showroom on Tuesday. He says new recommendations from the motorcycle review committee are a step in the right direction, adding he's especially pleased with stricter regulations for new riders. MORGAN MODJESKI/METRO IN SASKATOON

As well, anyone wanting a motorcycle learner's permit would first have to hold a Class 5 driver's licence, the standard licence for operating a vehicle.

But the committee is not recommending mandatory training.

"If people really don't want to take training, do we want them in a training course?" asked Thompson. "If we make it mandatory and they have to be there, we think their approach to learning anything at that training course is limited."

There were also concerns that training might not be available in rural areas.

Don Fuller with the group Riders Against Government Exploitation says the committee has some strong ideas and he especially likes the changes for new riders.

"The very fact that ... you can take a five- or 10-minute test on a touchscreen and get on a motorcycle is ridiculous," said Fuller.

But Fuller adds that some of the recommendations, such as adjusting insurance rates based on motorcycle types, don't do enough to address safety.

Steve Molinelli, sales manager at FFun Motorsports in Saskatoon, says the recommendations are a "step in the right direction."

"At the present time, it's far too easy for the beginner to basically walk downtown, write a five-minute exam and be out on a motorcycle," Molinelli said.

"They are dangerous, there's no doubt about it — and without the proper training, the proper instruction and the proper gear, they're not ready for the road."

SGI says it will take time to see the full impact of any changes, but added that the report's initiatives have the potential to reduce motorcycle deaths and injuries by about 20 per cent.

The Saskatchewan government is reviewing the report.

THE CANADIAN PRESS, WITH FILES FROM MORGAN MODJESKI

Awards

Saskatchwan artists garner Juno nominations

Several artists from Saskatchewan have made the cut in nominations for the 2014 Juno Awards in Winnipeg.

Regina indie rockers Rah Rah are up for alternative album of the year with their third record, The Poet is Dead, as part of the nominations that were announced on Tuesday.

The music video for Feeling Good by Saskatoon band The Sheepdogs is recognized in the video of the year category.

In addition, Little Miss Higgins of Nokomis is nominated for roots and traditional album of the year, and Kevin Churko and his son Kane from Moose Jaw are contenders for recording engineer of the year.

METRO

Infrastructure funding

Keep education cash for schools: NDP

The Opposition says the Saskatchewan government shouldn't take money out of education to pay for bridges or overpasses.

NDP Leader Cam Broten said Tuesday that the education property tax is meant to fix crumbling, overcrowded schools and to ensure resources for students.

Premier Brad Wall said Monday that money for infrastructure projects could come from higher school taxes.

Wall said there are big infrastructure needs in the cities — for example, a highway bypass in Regina — and that one of three towns has water or sewer issues.

The premier said the budget being finalized for March must be balanced, and that raising taxes is a last resort.

THE CANADIAN PRESS

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Would seeing this shock you?

Tiffiny Koback of Saskatoon posted this to Facebook. CONTRIBUTED

Saskatoon. SPCA director left 'in tears' by pickup truck full of dead coyotes in Tim Hortons drive-thru

JACOB MORGAN
Metro in Saskatoon

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a GMC Sierra pickup truck loaded to the brink with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon SPCA.

"By the time we ordered our coffee, I couldn't talk — I was in tears."

She took out her phone to snap a picture and shared the disturbing image on Facebook. In the post she said she was able to count more than 20 dead coyotes.

Numerous Facebook users responded to express their outrage.

"What a civilized world we live in," wrote Leah Reynolds. "Beyond disturbing."

After the incident, Koback said she looked up the rules in Saskatchewan around coyote hunting and was surprised to find there are no official limitations.

"I can't imagine having a car with a few kids in the vehicle and having to wait in line staring at that for 10 minutes," said Koback.

While she said she understands that many farmers with livestock consider the wild canines pests, she couldn't believe the brazenness of the truck driver.

"He's driving around Saskatoon with a truck box full of dead animals, so obviously he's not concerned about who sees it," she said, adding that there should be guidelines in place to prevent this kind of public display.

Rich Hildebrand, a conservation officer with the Ministry of Environment in Saskatchewan, confirmed there is an open season on coyotes in the southern part of the province.

In this situation, he said, it is likely that a licensed fur trapper was operating the vehicle.

Harb and Brazeau first charged in Senate scandal

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal, but possibly not the last.

Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

The Mounties continue to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and Pamela Wallin.

They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff when he personally gave Duffy $90,000 to reimburse the Senate for disputed living expenses.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences, allowing him to claim a Senate housing allowance and living expenses for his supposed secondary residence in Ottawa — where he had lived for years prior to his 2003 appointment.

The Mounties allege that Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence, although he was rarely seen there and lived primarily in Gatineau, Que.

Brazeau, like Harb, has maintained that he did nothing wrong.

In the House of Commons on Tuesday, NDP Leader Tom Mulcair laid blame for the scandal on Harper, who appointed Duffy, Wallin and Brazeau.

THE CANADIAN PRESS

Mac Harb, left, and Patrick Brazeau face charges. SEAN KILPATRICK, ADRIAN WYLD/THE CANADIAN PRESS

Rules lack clarity?

An independent audit of the pair's expense claims last spring said Senate rules on primary residences lacked clarity and, therefore, the auditors could not determine whether either senator had broken the rules.

But the Senate's internal economy committee declared the rules to be "unambiguous" and demanded that the senators repay their disputed expense claims. Harb complied but Brazeau refused to reimburse the $48,000 he was asked to pay back, prompting the Senate to garnishee his salary.

However, he was subsequently suspended without pay from the Senate last fall, along with Mike Duffy and Pamela Wallin.

THE CANADIAN PRESS

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Grocery store wars.
Walmart Canada ups the ante, puts $500M on table

Walmart is placing its bets on the fresh food business, as it announced Tuesday it will open 35 more Canadian supercentres as part of nearly $500 million in planned investments this year.

The world's biggest retailer said its long-term plan is to offer groceries in each of its Canadian stores, a move which will increase the pressure on its retail rivals.

"We love the idea of our customer coming in and buying ground turkey and taco seasoning and salad mix and diapers, getting their oil changed, picking up a pair of eyeglasses and riding home on a new bike. I mean you can get it all done at Walmart and we love the idea of that," said Shelley Broader, Walmart Canada's president and CEO, in an interview.

The discount chain, which celebrated its 20th anniversary in Canada last month, is investing more than $376 million to build, expand, relocate or remodel its stores. It said six of the stores will be new, 10 will be expansions and 18 will be retrofitted to add a fresh food section. One store will be relocated.

The company currently has 389 stores, including 247 supercentres that carry a combination of groceries, apparel, and household goods. It expects to have a total of 395 stores by the end of January 2015, with 282 supercentres and 113 discount stores.

This latest announcement is expected to solidify the retailer's role as a serious grocery offering, and increase competition for Canadian retailers — especially for the food, pharmacy and clothing chains — who compete with Walmart.

Two main rivals include U.S. retailer Target Corp. and online behemoth Amazon, which started grocery delivery to Canadian customers last December.

Grocery chains, such as Loblaws, Metro and Sobeys, have consolidated and cut prices to lure in more customers. **THE CANADIAN PRESS**

The revolution will be televised ... on Netflix

Do adjust your screen.
Survey says 29% of Canucks subscribe to Reed Hastings' brainchild to stream content

Since Netflix was launched in Canada in 2010, the streaming service has steadily grown in popularity. THE ASSOCIATED PRESS

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 to Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the $8-a-month subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the service.

That poll also revealed that 81 per cent of the respondents said they watch short online videos monthly and 56 per cent were watching long-form content.

MTM's polling suggests that more Canadians are connecting their TVs to the Internet to play online video on their biggest screen. **THE CANADIAN PRESS**

Changes. Satya Nadella takes over Microsoft, Bill Gates named adviser

Microsoft has named Satya Nadella, an executive in charge of the company's small but growing business of delivering software and services over the Internet, as its new CEO. Company founder Bill Gates is leaving the chairman role for a new role as technology adviser.

The software company announced Tuesday that Nadella will replace Steve Ballmer, who said in August that he would leave the company within 12 months. Nadella will become only the third leader in the software giant's 38-year history, after Gates and Ballmer. Board member John Thompson will serve as Microsoft's new chairman.

Nadella, who is 46 and has worked at Microsoft for 22 years, has been an executive in some of the company's fastest-growing and most profitable businesses, including its Office and server and tools business.

For the past seven months, he was the executive vice-president who led Microsoft's cloud computing offerings. That's a new area for Microsoft, which has traditionally focused on software installed on personal computers rather than on remote servers connected to the Internet. Nadella's group has been growing strongly, although it remains a small part of Microsoft's current business.

Bill Gates
THE ASSOCIATED PRESS FILE

"Satya is a proven leader with hardcore engineering skills, business vision and the ability to bring people together," Gates said in a statement.

"His vision for how technology will be used and experienced around the world is exactly what Microsoft needs as the company enters its next chapter of expanded product innovation and growth." **THE ASSOCIATED PRESS**

Limit of $50

CIBC launches mobile wallet with Telus

Major bank CIBC has partnered with a second major wireless carrier to give more customers the ability to make payments with their smartphones.

CIBC and Telus announced on Tuesday the launch of a mobile payment app for certain models of smartphones that run on the Telus network for credit card purchases such as gas or groceries, to a limit of $50. **THE CANADIAN PRESS**

Market Minute

DOLLAR 90.24¢ (+0.13¢)

TSX 13,504.48 (+18.28)

OIL $97.19 US (+$0.76)

GOLD $1,251.20 US (-$8.70)

Natural gas: $5.30 US (+$0.35)
Dow Jones: 15,445.24 (+72.44)

STUFFAHOLISM KILLS

JUST SAYIN'

Paul Sullivan
metronews.ca

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman, "and it's bursting with clothes but you can't find a thing to wear."

For other critters on the planet, the consequences are more serious.

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally stuffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its stuffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could afford to spend enough to keep an African village alive for a year on your conveyance.

That was then, when it was necessary to impress those in your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

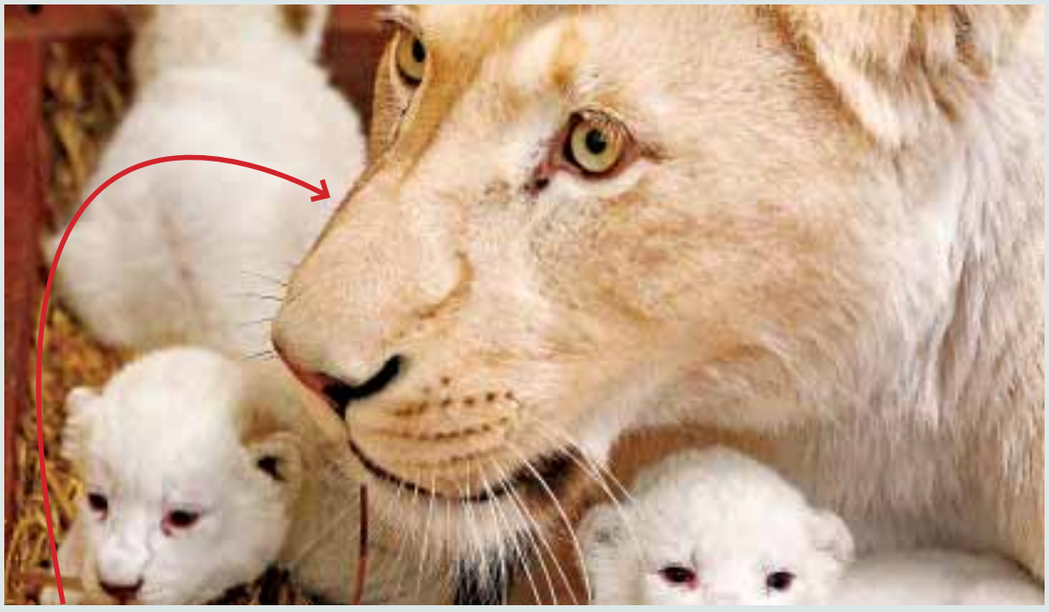
And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is stuffocating us all, it's a tiny message of hope — in a biodegradable bottle.

ZOOM

Addressing the white lion in the room



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection.

THE ASSOCIATED PRESS

In 40 years, the U.S. government has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.

THE ASSOCIATED PRESS FILE

Political protection

The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screen-time hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.

Flipboard:
Curate a magazine filled with articles from your favourite news sites, social networks, blogs or even RSS feeds.

Feedly:
The go-to RSS reader once Google reader died (RIP), Feedly lets you set up feeds for your favourite sites in a simple, user-friendly, magazine style format.

Twitter

A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?

@PascalCoder Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs, LCD Tetris Tables!

@wgb75 Why can't Edmonton have a puppy cafe. A lot would be interested.

@teemodajo A crafty cafe with local artiste's wares.

@Chris_cymru board game cafe. Like snakes &lattes in Toronto

@notmattdaubs does Anne Murray have a cafe? She probably should.

@mmmhustler403 A camping-theme cafe with a few real (small) bonfire/campfire for people to sit around. #YYC

@MainStPoodle I'd like to see a dog cafe. Right next door to the cat cafe.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Minifigs movie built on an idea that's been around the block

Silver screen play box. The Lego Movie latest film hoping to turn kid's toy into a blockbuster

IN FOCUS
Richard Crouse
scene@metronews.ca

Minifigures stick together to save the universe from the tyranny of Lord Business in The Lego Movie. CONTRIBUTED

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an unofficial inspiration for the Toy Story series.

Toying with filmgoers' affections

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

A few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skeletor.

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's favourite films.

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the DVD release features all three.

Juno noms Reflektor Arcade Fire's heat

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations apiece.

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at a news conference in Toronto.

Arcade Fire has nabbed a leading six Juno nominations. THE CANADIAN PRESS

Arcade Fire will compete in the album of the year category against Dion's Loved Me Back to Life, Drake's Nothing Was the Same, Bublé's To Be Loved and Ryder's Harmony.

Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and Ryder.

Thicke, who has dual citizenship, will compete for artist of the year against Dion, Drake, Bublé and Ryder.

Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's The Poet's Dead, Royal Canoe's Today We're Believers, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hoffman introduced himself as a heroin addict

MELINDA TAUB
Metro World News

Philip Seymour Hoffman's death came as a tremendous shock to his fans. He himself, though, didn't try to hide that he had a problem: Just two weeks ago, he introduced himself to a stranger as a heroin addict.

Magazine publisher John Arundel was at the Sundance Film Festival recently, where he began chatting with Hoffman, whom he did not recognize. Arundel asked what he did for a living. "He said, 'I'm a heroin addict,'" Arundel told the New York Post.

Hoffman then took off his "sloppy hat," at which point Arundel recognized the star. Before he walked away, Hoffman added, "I just got out of rehab."

It's especially heartbreaking to know that Hoffman was fully aware of the dangerous path he was on, but was unable to stop.

Hoffman was found dead Sunday in a Manhattan apartment. According to police, he was found in the bathroom with a needle still in his arm. Hoffman had been sober for 20 years, sources say, until a relapse last May.

Gwyneth Paltrow GETTY IMAGES

All's Vanity Fair in Gwyneth's war on exposé — magazine reconsiders

That Vanity Fair piece on Gwyneth Paltrow might never see the light of day, according to editor Graydon Carter, but not because of the Oscar-winning actress' impressive attempts to quash the mag's efforts. It turns out the final piece "was such a far cry from the almost mythical story that people were by now expecting — the 'epic take-down,' filled with 'bombshell' revelations — that it was bound to be a disappointment," Carter writes in the magazine's latest issue. And Paltrow's efforts to kill the article did register with Carter, who recounts the actress ordering her A-list friends to "not speak to Vanity Fair about her or about anything else ever again," he writes. "Kim Jong-un couldn't have issued a more blanket demand."

PROPOSED 2014 BUDGET

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City of Regina | REGINA Infinite Horizons

LIFE 3

What a winter fun-derland

Panorama. From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY BUCKWORTH
life@metronews.ca

After a hard day on the slopes, soothe your aching muscles in the hot pools at Panorama. PANORAMA

Panorama quick facts

- **Average winter temperature.** -5 C
- **Longest run.** Is 5.5 km and is Never, Never Land in the Taynton Bowl
- **Trails.** 120 named trails
- **Average snowfall.** 479 centimetres
- **Ski season.** December until April

Located a scenic four-hour drive northwest from Calgary Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the so-called Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.

The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, cross-country skiing, tubing and tobogganing.

The PanoKids ski school has instructors for all ages and levels.

After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl Grey Lodge's restaurant is a gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear and warming up by the wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line — "Getting to Panorama is easy. Leaving is the hard part" — weighs true for the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the airport.

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7 cups (1.75 l) or seven 1 cup (250 ml) portions. EMILY RICHARDS

Hearty soup is an ode to Canadian-grown legumes

DINNER EXPRESS
Emily Richards
food@metronews.ca

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your dishes.

1. In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning 5 minutes or until softened. Add lentils and stir to coat well.

2. Add broth, water, ham and red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

Ingredients

Soup
- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black forest ham, finely chopped
- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

Biscuits
- 2 1/2 cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter
- 1 cup (250 ml) of milk

Biscuits
Make some yummy biscuits to serve up with your soup.

1. Whisk the flour, granulated sugar, baking powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork to make a soft, slightly sticky dough.

2. On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220 C) oven for 12 minutes or until golden.

Cooking tips

- There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.
- You can substitute 2 cans (19 oz/540 ml each) lentils, drained and rinsed for the 1 cup (250 ml) of dried lentils and reduce the cooking time to 15 minutes.

FLASH FOOD

From your stove to your table in about 30 minutes

Balance 'what can I get for you' with 'when's that paper due?'

Cash between classes. There are many advantages to working while you're in school. Find a good employee-student balance and make the most of that extra income

RIANA TOPAN
TalentEgg.ca

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

Stay organized
Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that's connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time well and plan in advance to make sure you don't let anything fall off your radar.

Be proactive about deadlines
Try setting "fake" due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you'll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

Let your manager know that while you're dedicated to your side job, your education invariably comes first. ISTOCK

You should also start working on projects as soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven't started yet.

Be honest with your employer
Make it clear that your job is important to you but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course you'll still need to make sure you're still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well in advance.

You should also be upfront with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

Give a little, get a little

Offer to work a little extra during peak times — employers will be more respectful of your schedule if you are respectful of theirs.

Work hard, study hard

Treat your schoolwork like you treat your job

- One of the hardest things about balancing course work as a student is time management, because there's no one watching over to make sure you don't procrastinate.
- When you're studying, act like you're at work: every minute counts, so make sure you're using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Pats forward Chandler Stephenson fights off Medicine Hat defenders in first period Western Hockey League action Tuesday night at the Brandt Centre.
MARCO VIGLIOTTI/METRO

Pats the cure for Medicine Hat skid

WHL. After dropping two in a row, Tigers get back on track to build on lead over Regina in standings

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Marek Langhamer made 41 stops, including 18 in the second period alone, to help backstop the plucky Medicine Hat Tigers to a 4-1 victory over the Regina Pats Tuesday night at the Brandt Centre.

Curtis Valk led the way offensively for the Tigers with a goal and two assists, while Trevor Cox and Tommy Vannelli both added tallies to help Medicine Hat snap a two game losing streak.

Despite being outplayed for long stretches by the Pats, the Tigers relied on three timely goals in the second and rock-solid defence to squeeze past the aggressive host squad.

With the win, the Tigers (30-19-3) extend their lead to four points over the Pats (27-22-3) and clawed within seven of the Calgary Hitmen for third in the very competitive Eastern Conference.

On Tuesday

Tigers	Pats
4	1

The Pats struggled noticeably on special teams throughout the night, falling short in all four power play opportunities.

Medicine Hat was only marginally better, scoring once on its six tries with the man advantage.

Chandler Stephenson scored the sole Pats goal on a penalty shot midway through the second period.

The goal appeared to reenergize the Pats but the comeback effort fell short in an evenly played third period.

Daniel Wapple made 25 stops in the loss.

Accommodations

Small beds, rooms for big NHL stars

It's not a Motel 6, but it's a far cry from the Ritz-Carltons and other luxury hotels Sidney Crosby and his teammates are accustomed to.

The men's hockey team will have stunning views of the Black Sea, but their accommodations at the Olympic village in Sochi are basic — two or three players to a room, sleeping on twin beds and sharing a bathroom.

There is no special treatment for these NHL superstars. When they arrive next week, they'll bunk in the dorm-style rooms, just like the rest of the Canadian athletes.

"I don't see any reason why anyone should get any special treatment," said women's hockey player Gillian Apps. "The rooms are great and very accommodating."

THE CANADIAN PRESS

NHL

More games slated for TV

Clear your schedule, sports fans: There's about to be a lot more hockey on television.

Nearly 500 regular-season games will air in Canada as part of the blockbuster 12-year agreement between Rogers Communications and the NHL.

That's a jump of more than 400 per cent from the number of games shown during the regular season on CBC, which currently holds the broadcast rights.

THE CANADIAN PRESS

Sick Sask. rink perseveres at Scotties

Stefanie Lawton takes a shot at the Scotties on Tuesday in Montreal.
RYAN REMIORZ/THE CANADIAN PRESS

A flu bug rampaging through the Scotties Tournament of Hearts did nothing to slow down Saskatchewan's Stefanie Lawton or a British Columbia squad that was missing its skip.

Lawton's rink (5-1), with second Sherri Singler and third Sherry Anderson out sick, had only three players on the ice but still posted an 8-4 win over Quebec's Allison Ross (1-5) on Tuesday morning at Maurice Richard Arena in Montreal.

They later beat P.E.I. 7-3 in the evening draw.

Kesa Van Osch pulled out just before her match, but alternate Patti Knezevic stepped in as skip to lead B.C. (3-3) to a 7-3 win over Ontario (1-4).

Lawton got an early morning call from coach Rich Folk to say that Singler couldn't play, and later learned that Anderson was down as well.

"You plan for the worst, but this scenario of having two players out didn't come up, so we just had to go with it," said Lawton. "The girls jumped right in and felt comfortable with the positions they were thrown into."

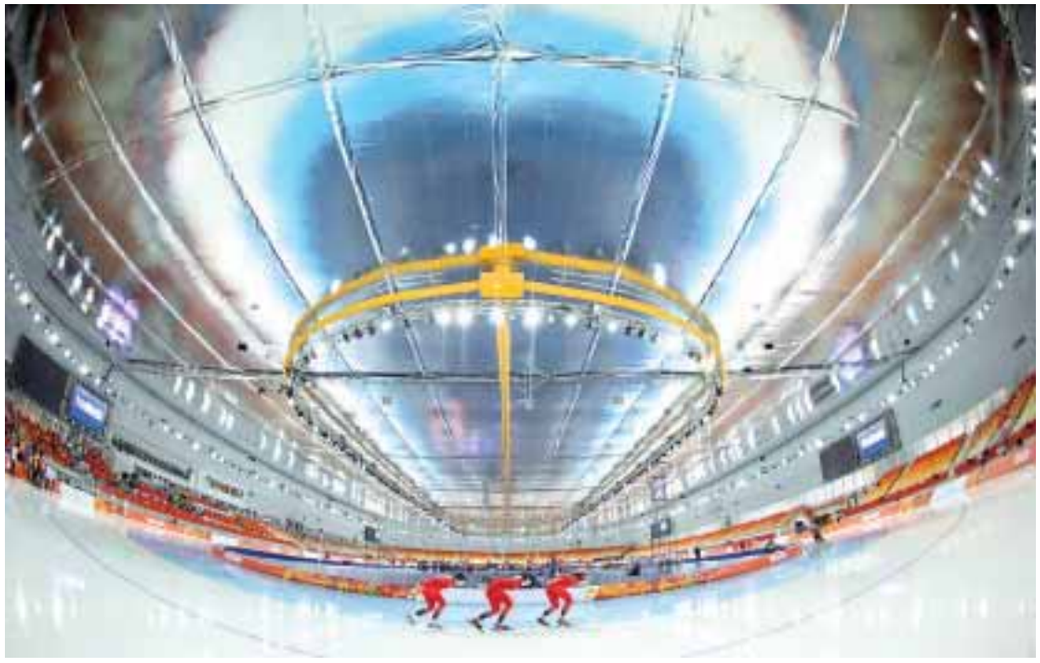
Marliese Kasner moved up from lead to play third, while alternate Dailene Sivertson stepped in as the lone sweeper.

With three players, the first two throw three stones each, while the skip throws two.

"The girls did a great job," said Lawton.

"You want to give it a bit more so they don't have to work too hard, but we managed to pull through and come through with a win. The girls played great in positions they're not used to."

THE CANADIAN PRESS



Norwegians cruise lines on Olympic oval

Members of the Norwegian speedskating team round the track at Adler Arena Skating Centre ahead of the Winter Olympics on Tuesday in Sochi, Russia. The men's 5,000 metres will kick off speedskating events on Saturday. PAUL CHIASSON/THE CANADIAN PRESS

McMorris on the mend ahead of Sochi showdown

Slopestyle. 20-year-old Regina native expects to fight through broken rib against world's best

Mark McMorris's first appearance at the Rosa Khutor Extreme Park this week was marred by pain and frustration.

A broken rib from a recent crash at the X Games had made things quite uncomfortable for the Canadian snowboard star. But a solid training run Tuesday changed his mindset and left him optimistic ahead of this week's slopestyle event at the Sochi Olympics.

"Battling through the pain yesterday was kind of frustrating and then I came up here today and it was just better — way better," McMorris said. "I was able to jump and start doing tricks again. My confidence level is back up and I feel like I'm in a good place for breaking my rib 10 days ago."

McMorris had been tabbed as a gold-medal favourite in the leadup to the Games after a strong run on the slopestyle circuit over the last few years. His crash at the X Games left things up in the air and created several big questions.

Snowboarder Mark McMorris poses in Toronto on Oct. 4, 2013. McMorris's first session at the Rosa Khutor Extreme Park this week ended in pain and frustration, but a good run Tuesday left him optimistic ahead of this week's slopestyle event in Sochi. NATHAN DENETTE/THE CANADIAN PRESS

Would two weeks be enough time to recover? Could he return and be the same Mark McMorris?

If his big smile for the large scrum of reporters was any indication, McMorris should be just fine.

"Two days out before a non-elimination round, I couldn't be in a happier place," he said. "It's still broken, it's going to be painful and I know I'm going to have to ride through pain."

The 20-year-old Regina native skipped Monday's practice session and instead went for a casual ride around the mountain. McMorris has been medically cleared to compete but even a light run left him in more pain than expected.

He was thrilled that he noticed a marked improvement just 24 hours later.

McMorris credits his strong lower back muscles for helping to provide stability in the area. He notes the pain is the same whether he's landing a big jump or putting on his socks.

THE CANADIAN PRESS

Did you know?

There will be five snowboarding events in Sochi: halfpipe, snowboardcross, parallel giant slalom and two new ones — slopestyle and parallel slalom. Slopestyle is a ride down a hill with steeply angled jumps, rails and little bumps called "jibs." Parallel slalom is racing — a shortened version of parallel giant slalom event that's been on the program since snowboarding was introduced in 1998.

White gold

No. 3?

A certain rider named Shaun White is going for his third straight halfpipe gold and trying to win in slopestyle.

Team Canada antsy to start title defence

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone not practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said. "It was a good Day 1 for us on the ice."

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourself to win," captain Caroline Ouellette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're here."

Szabados said it was the same level of pressure as Vancouver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics. Ouellette doesn't consider that a major disadvantage because Canada, which is looking for a fourth straight gold medal, kept the same system through the transition.

THE CANADIAN PRESS

Did you know?

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

Phenomenal Finn

41-0

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading her team to a second straight college championship.

Team Canada's Hayley Wickenheiser walks to the practice rink with co-coach Danielle Goyette on Tuesday in Sochi, Russia. ADRIAN WYLD/THE CANADIAN PRESS

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Ice track delivers on slippery promise

Quebec's Mecaglisse. The track north of Montreal is open all year but if you want a fun, frozen challenge now is the time to go

AUTO PILOT
Mike Goetz
drive@metronews.ca

Testing out Nissan's new snow-ready AWD and traction and safety control systems on Quebec's Mecaglisse ice track NISSAN CANADA

Ice skates are expressly designed for travelling on ice. Passenger cars are not. They prefer pavement. So naturally there are people who like to take advantage of the vehicle's inherent inadequacies on ice and make sport of it.

These people are not as mean as they sound, they just get a kick out of how fun and educational it is to explore the boundaries and techniques of car control. And when compared to pavement, ice affords that opportunity at a relatively lower speed, cost and risk.

"Learning the techniques to get control of a car going sideways on ice … that's so much fun," says Franck Kirchhoff. "More fun than driving on a road course at 200 km/h."

He should know, he's done both, and both on the same track. The track is part of Mecaglisse Motorsport Complex located in Quebec's Laurentian area north of Montreal. Along with his father, Kirchhoff owns and runs the operation, which features more than 15 km of tracks of various descriptions and surfaces.

In the non-winter months the facility is used for rally driving schools, defensive driving schools, motorcycle racing, club and corporate events, and public lapping days.

Same thing in the winter. Except for the motorcycle racing, and except for the fact that all of the activities are now done on snow and ice. The winter set-up includes one 2.5-km ice track, and one 2.5-km snow track. If the weather permits, they run this set up from the first week of January to the first week of March.

Nothing complicated about making an ice track over a paved track. Kirchhoff says the three-man crew first packs the snow down. After it is really hard and compacted, they just add water, via trucks carrying water tanks.

"We spray a lot of water," he says one more time, to make sure I understand the tricky, technical concept. How thick is the ice? Kirchhoff uses his hands to signify about a nine-inch layer.

I'm here at Mecaglisse as part of a Nissan press program, designed to showcase the virtues of the brand's snow-ready AWD and traction and safety control systems. They work as advertised, and, also as advertised, the ice track is very slippery. Even with our studded tires and AWD, anytime you wanted to get hairy you could. Not that the Nissan instructors riding shotgun wanted us journalists to get too hairy. I didn't either — nobody wants to be first to put a crease in a brand new Nissan belonging to someone else.

I suppose most of us were going about 40-60 km/h on the more open sections of the track, and a lot slower on the tighter ones. Next week Porsche will come to Mecaglisse for its customer-focused Camp4 Driving Experience program. He figures when the Carrera 4S is deployed for hot laps it will be probably get up to 120 km/hr or so down the straight and doing so sideways.

Finally, I ask Kirchhoff if the facility has special equipment for pulling vehicles and their drivers out of the snow banks, when things don't go entirely as planned out there on the ice track? "Yes," he says, "We have big tractors."

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

Responsible rubber: Tires with a brain

Driving Force. In newer vehicles your wheels will warn you if they're low or becoming flat

JIL MCINTOSH
Drive@metronews.ca

If you have a newer vehicle, chances are good it has a tire pressure monitoring system (TPMS). These systems continually check your tires and warn if the air in them falls below the correct pressure.

"Properly inflated tires make a vehicle handle better, and you need to be warned if you have rapid deflation," says Hugh Charvat, president and CEO of Schrader International, which makes TPMS systems. "It gives you the warning even before you feel it through the steering wheel."

Almost all TPMS systems used today are direct systems, meaning there's a pressure sensor inside the tire. Most sensors are part of the valve stem, but a few use a sensor strapped to the wheel inside the tire. A small number of automakers use indirect systems, which use the anti-lock brake sensors to check the speed of each wheel and determine if one is turning more slowly, indicating a low tire.

The systems are set to the proper pressure for the car, and warn if a tire drops 25 per cent or more below it.

If your tire warning comes on when it's really cold, but goes off after you've been driving for a while, it could be that one of your tires is very close to the warning threshold.

"Temperature has an impact on pressure, because gas expands and contracts," Charvat says. "The TPMS (warning) will come on, but when the tires warm up, the light will go off because the pressure inside the tire will increase. It's telling you to check the tires."

This could be because you have a leak in one tire, or that you haven't checked your tire pressure in a while. Tires are permeable, meaning that air molecules will gradually pass through them, and it could be that you've finally lost enough to set off the warning.

If you change to winter tires each season, but don't have pressure sensors in your winter wheels, your TPMS system won't work. "It's a smart investment to buy four additional sensors to maintain the integrity of the system and keep it functioning," Charvat says. "If you have a slow or rapid leak, you're putting yourself at risk because you've intentionally disabled a safety system."

The sensors contain batteries, and after about 10 years, they'll probably need replacing. A blinking TPMS warning light could indicate either a dead sensor battery or a malfunctioning sensor, and should be checked as soon as possible.

And even though you have a warning system, you should still check your tire pressure each month. A tire could be low enough that it's affecting your fuel economy, even though it's not down to the warning stage.

To note

- **Mandatory.** Tire pressure monitoring systems are mandatory on all new cars sold in the United States. They're not required in Canada, but most new cars have them.
- **Signs.** Depending on the vehicle, you may have a warning light that indicates one of the tires is low, or a display that shows the specific tire pressure.
- **Advice.** The proper air pressure for your tires is on a sticker inside your driver's door jamb, the glovebox door, or the fuel filler door.

A warning light on your dash will tell you when your tire pressure is low.

Tire pressure sensors fit inside the tire to monitor pressure. BOTH IMAGES CONTRIBUTED

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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis and the sum of 12 monthly payments divided by 26 and multiplied by 4 for customers paying on a monthly basis ("First 4 Bi-Weekly Payments"). Maximum amounts are $500 on 2013/2014 [Focus S and Fiesta S]; $750 on 2013/2014 [Focus (excluding S), Fiesta (excluding S) and 2014 [C-MAX]; $1,000 on 2013/2014 [Fusion], 2014 [Mustang (excluding Shelby GT500), Escape]; $1,250 on 2013/2014 [Taurus, Edge], 2014 [F-150 Regular Cab, Super Cab, and Super Crew]; $1,500 on 2013/2014 [Flex], 2014 [Explorer]; $1,750 on 2014 [Expedition], All Mustang Shelby GT500, Transit Connect, E-Series, F-150 Raptor, Super Duty, Medium Truck, Chassis, Stripped Cab and cutaway models excluded. Offer only available on approved credit (O.A.C.) from Ford Credit. If the equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer. Finance customers will receive a cheque for the amount of their First 4 Bi-Weekly Payments from the dealer, for RTL customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFIP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. † Until January 31, 2014, receive $500/$1,000/$1,500/$2,000 / $2,250/$2,500/$3,000/$3,250/$4,000/$4,500/$5,500/$5,750/$6,500/$6,750/$8,500/$9,000/$10,000/$10,500 in Manufacturer Rebates with the purchase or lease of a new 2014 [Escape (excluding 2.0L)] / 2013 [Focus (excluding BEV), Fiesta], 2014 [Focus BEV, Escape 2.0L, E-Series] / 2013 [Escape S, E-Series], 2014 [Mustang V6 Coupe, Taurus (excluding SE)] / 2013 [Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-150 Chassis Cabs], 2014 [Edge, Transit Connect (excluding Electric), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-150 Chassis Cabs] / 2013 [Taurus SE] / 2013 [Mustang V6 Coupe] / 2013 [Edge FWD (excluding SE), Explorer Base], 2014 [Mustang V6 Premium] / 2013 [E-MAX] / 2013 [Taurus (excluding SE), Escape 1.6L, Transit Connect (excluding Electric)], 2014 [Mustang GT] / 2013 [Mustang V6 Premium, Escape 2.0L, Explorer (excluding Base)] / 2013 [Mustang GT] / 2014 [F-150 Regular Cab (excluding XL 4x2)] / 2013 [Expedition], 2014 [F-150 to F-450 (excluding Chassis Cabs) - Gas Engine] / 2014 [F-150 Super Cab and Super Crew] / 2013 [F-150 to F-450 (excluding Chassis Cabs) - Gas Engine], 2014 [F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine] / 2013 [F-150 Regular Cab (excluding XL 4x2)] / 2013 [Focus BEV, F-150 Super Cab and Super Crew] / 2013 [F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine] - all Raptor, GT500, 3005302, and Medium Truck models excluded. * Until February 28, 2014 purchase a new 2013 Ford [F-150 Super Cab XLT 4x4 5.0L] or [F-150 Super Crew XLT 4x4 5.0L] for [$25,999/$28,499] (after Total Manufacturer Rebate of [$10,000] deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,750) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^ Estimated fuel consumption ratings for the 2013 [F-150 4X4 5.0L V8 6-Speed Auto]. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. **Offer only valid from February 1, 2014 to February 28, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ® Registered trademark of Price Costco International, Inc. used under license †† Based on R. L. Polk Canada, Inc. Total New Registration data for Full Size Pickups per Ford Segmentation as of YTD September 30, 2013. + Based on year-end 2010, 2011, 2012 and 2013 total sales figures for light vehicles in Canada from DesRosiers Automotive Consultants Inc. (and Canadian Vehicle Manufacturers' Association data exchanged by OEMs). ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ® Registered trademark of Price Costco International, Inc. used under license. ©2014 Ford Motor Company of Canada, Limited. 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Horoscopes

♈ Aries
March 21 - April 20
You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

♉ Taurus
April 21 - May 21
Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

♊ Gemini
May 22 - June 21
If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

♋ Cancer
June 22 - July 23
Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

♌ Leo
July 24 - Aug. 23
Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

♍ Virgo
Aug. 24 - Sept. 23
Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great substance. Ignore them.

♎ Libra
Sept. 24 - Oct. 23
Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

♏ Scorpio
Oct. 24 - Nov. 22
You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

♑ Capricorn
Dec. 22 - Jan. 20
You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

♒ Aquarius
Jan. 21 - Feb. 19
Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

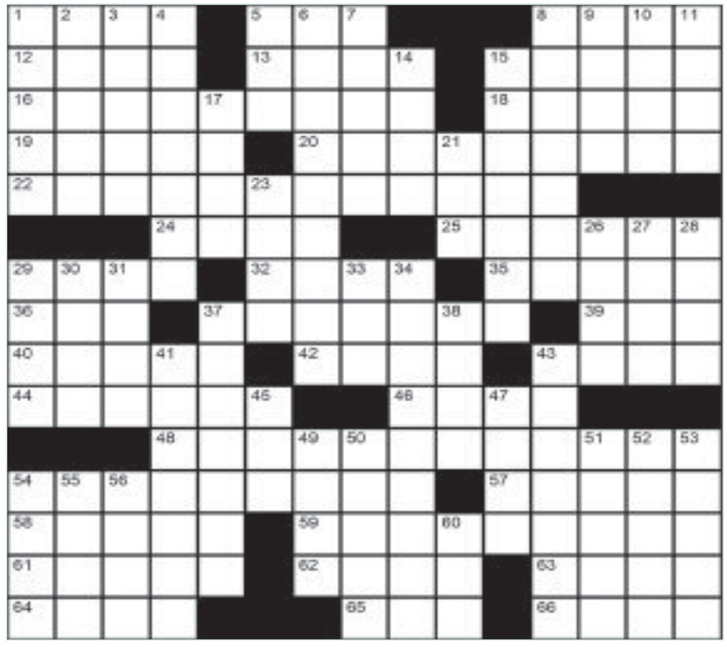
♓ Pisces
Feb. 20 - March 20
Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with — now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

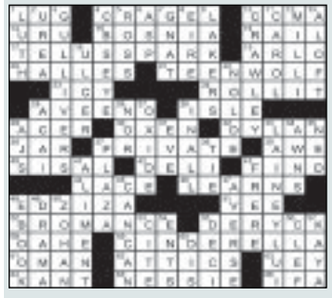
BY KELLY ANN BUCHANAN



Across
1. Berth
5. Electric guitar need
8. Recede
12. Data
13. Rivers: Spanish
15. Ms. Shire
16. Tiny amount
18. Leaves off
19. ___ letter (Use the post)
20. Royal visit meet-and-greet
22. TV crew pro: 2 wds.
24. "The English word 'or' is known __ '__' in French."
25. 'A' of A-bomb
29. TV clicker button
32. __-dokie
35. Matrikin
36. Chopper
37. Beach Volleyball great, Misty May-__
39. Vintage auto
40. Billy Joel's "__ Man"
42. Intermission, __'acte
43. Model/actress Molly
44. High-__ (Overly energetic)
46. Flemish painter, Jacob van __ the Elder
48. Movie of 1993 based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olympics: 2 wds.
54. Canadian pairs figure skating greats/ Olympians, Sale and __
57. "__ __ to see the point?"
58. Extraterrestrial
59. Pacific or Atlantic expanse
61. Sky sight
62. Longing-for sound
63. "Yippee!" of yore
64. Mr. Olin's
65. Cake make, Sara __
66. Library furniture piece

Down
1. Bette Midler, The Divine ___
2. Annually, ___ year
3. Out ___ ___ = It's time to get more toner
4. __ Provincial Park in Morpeth, ON; or, form of French poetry
5. Actress Ms. Meyers
6. "Happy Days" city
7. Of the Arctic
8. Southwestern Ontario county where Sarnia is located
9. Assortment
10. 'If you', in French: 2 wds.
11. The Middle __
14. 2010 Angelina Jolie movie
15. __ oven
17. Ancient T's
21. Car company
23. Ricky Nelson's "__ Little Fool"
26. Husband: French
27. Detail
28. Business bosses, briefly
29. Cartographer's creations
30. Emergency __ (Building sign)
31. Draw close
33. Mr. Somerhalder
34. Jeremy Piven's old show
37. Ad nauseam: 3 wds.
38. Bar query, "Straight ___ ___ the rocks?"
41. Core part
43. Squelched
45. Obtained
47. Miffy mood
49. Driving needs, for short
50. Fix that squeak once more
51. Gullible
52. Canadian singer Mr. Vannelli's
53. Streamlined
54. Bunch
55. Montreal pronoun
56. Detroit football player
60. He's opposite

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1	5			9	7	
4						2		6
	8			1				4
	9				5	4		
			2		4			
		6	3				2	
1				7			6	
6		4						9
	5	7			3	8		

Yesterday's Sudoku

7	1	6	2	3	9	5	4	8
9	8	3	4	5	6	1	7	2
5	2	4	1	8	7	3	6	9
3	7	2	9	1	5	4	8	6
1	5	9	6	4	8	2	3	7
4	6	8	7	2	3	9	1	5
2	9	7	3	6	4	8	5	1
8	3	1	5	7	2	6	9	4
6	4	5	8	9	1	7	2	3

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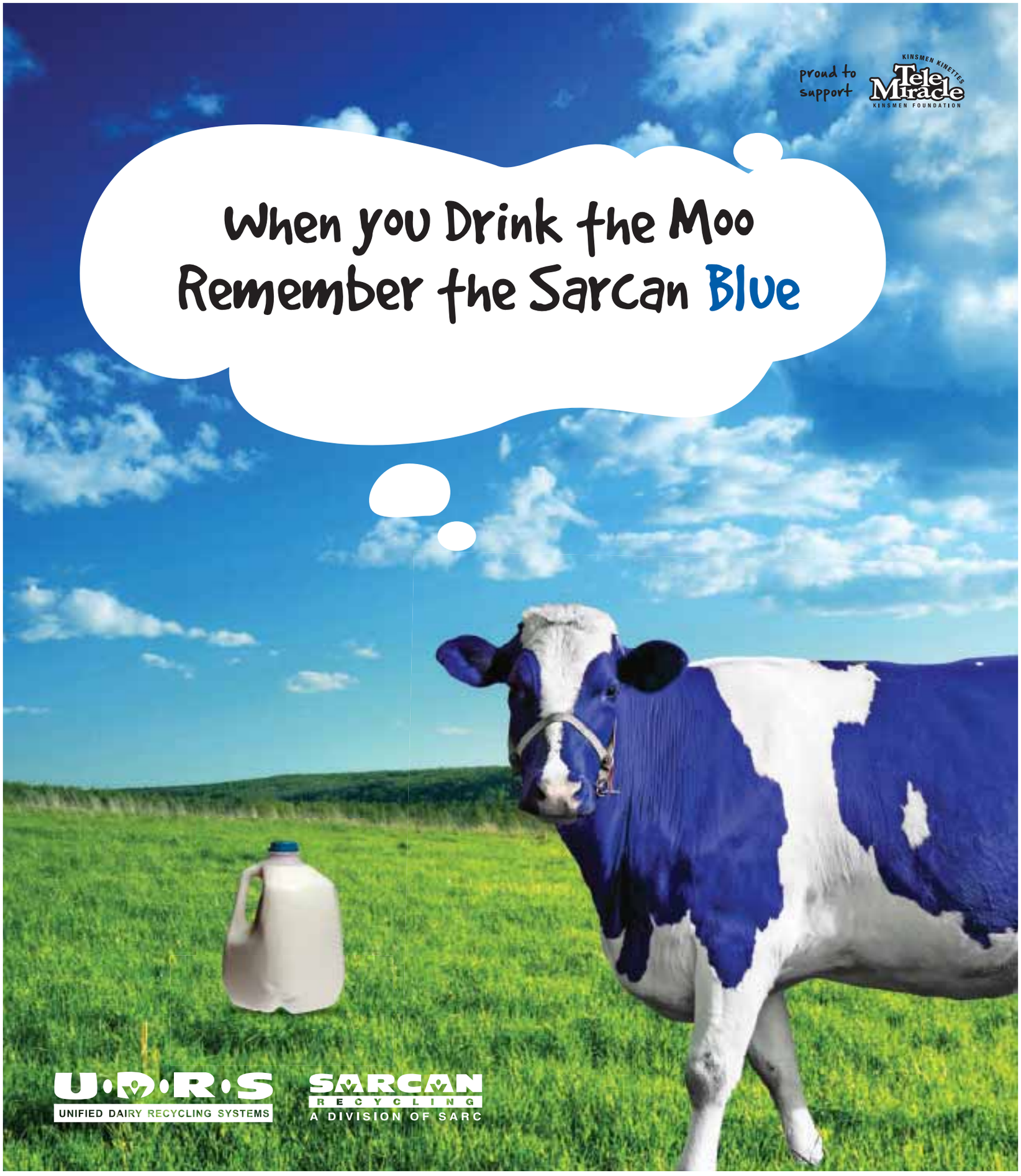
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